

FIG. 1A

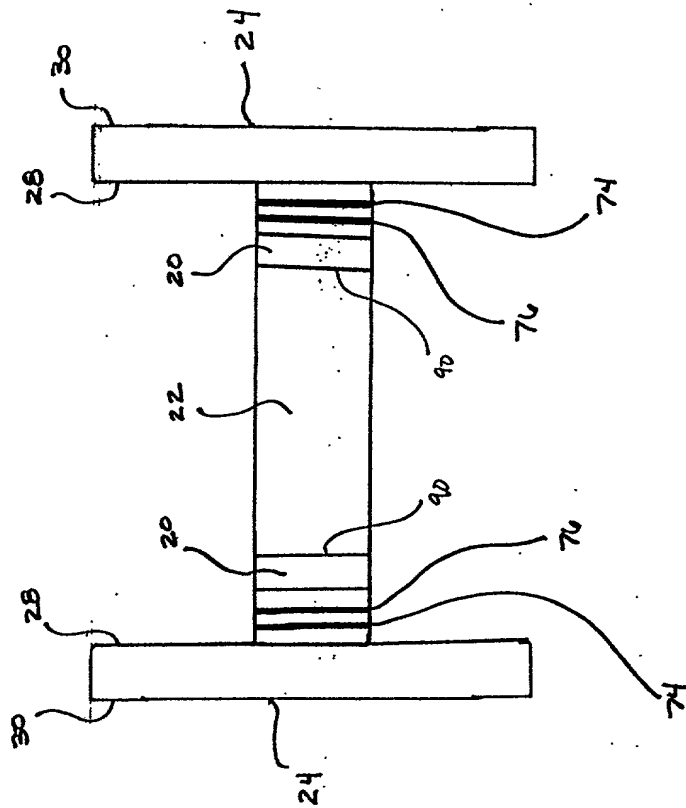


Fig. 1B

205760" 4116660

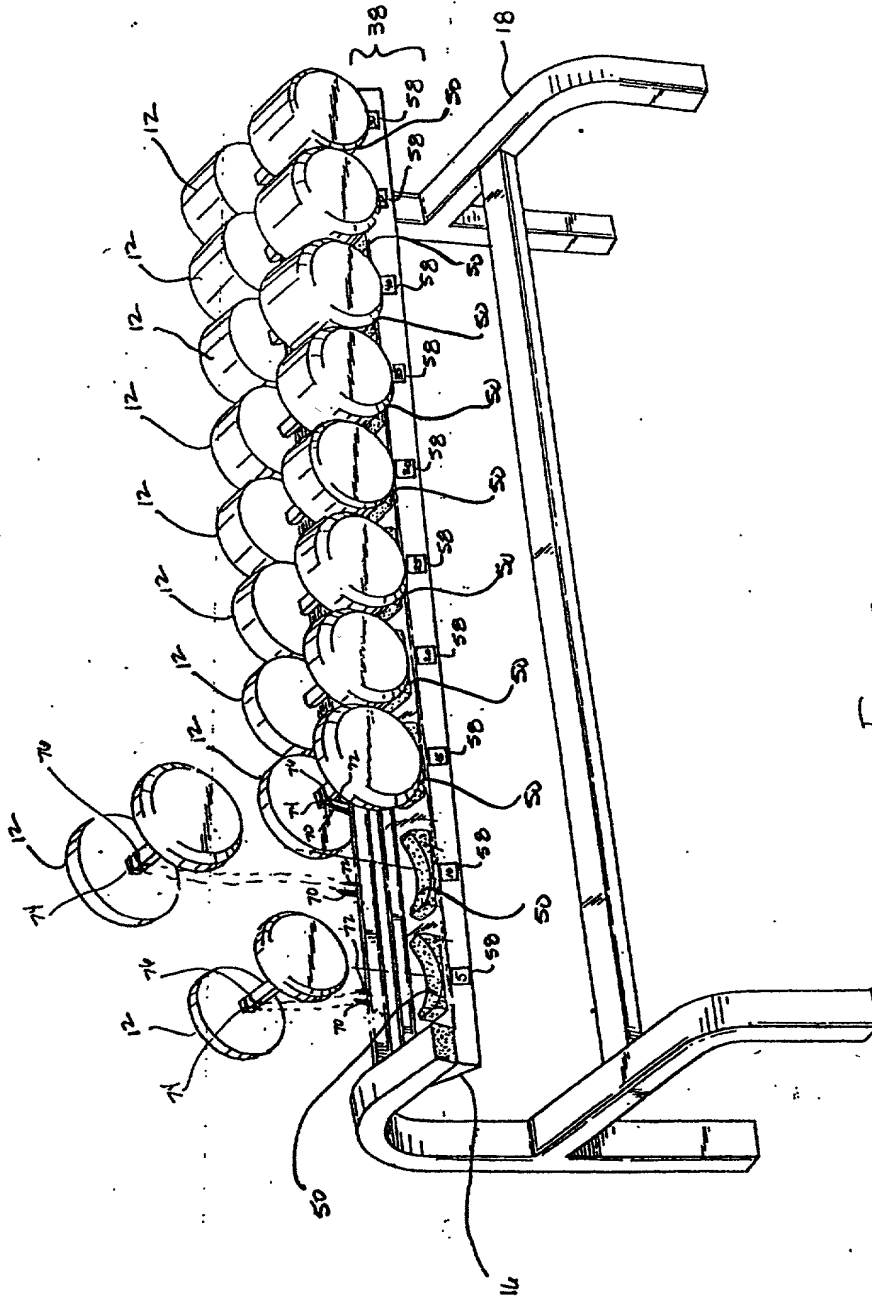


Fig. 2

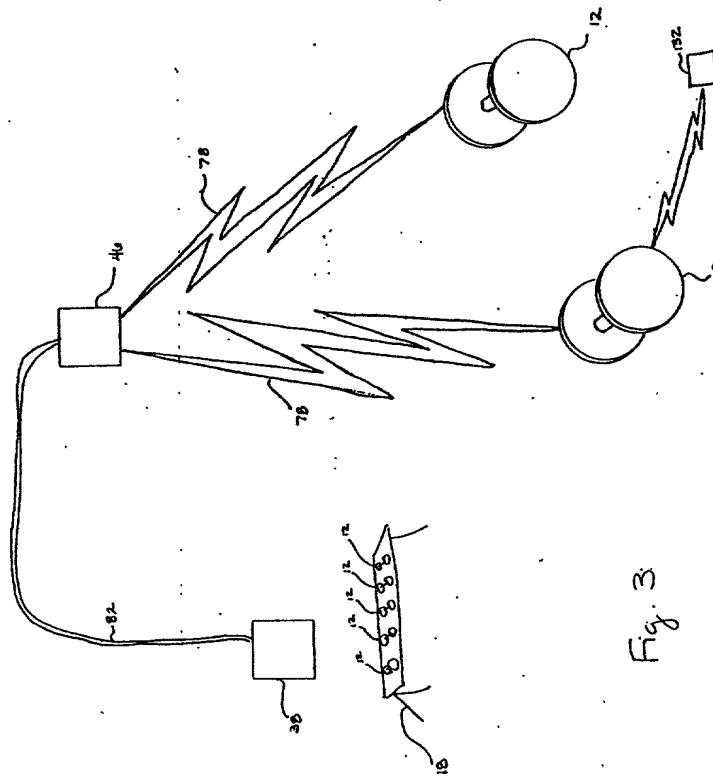
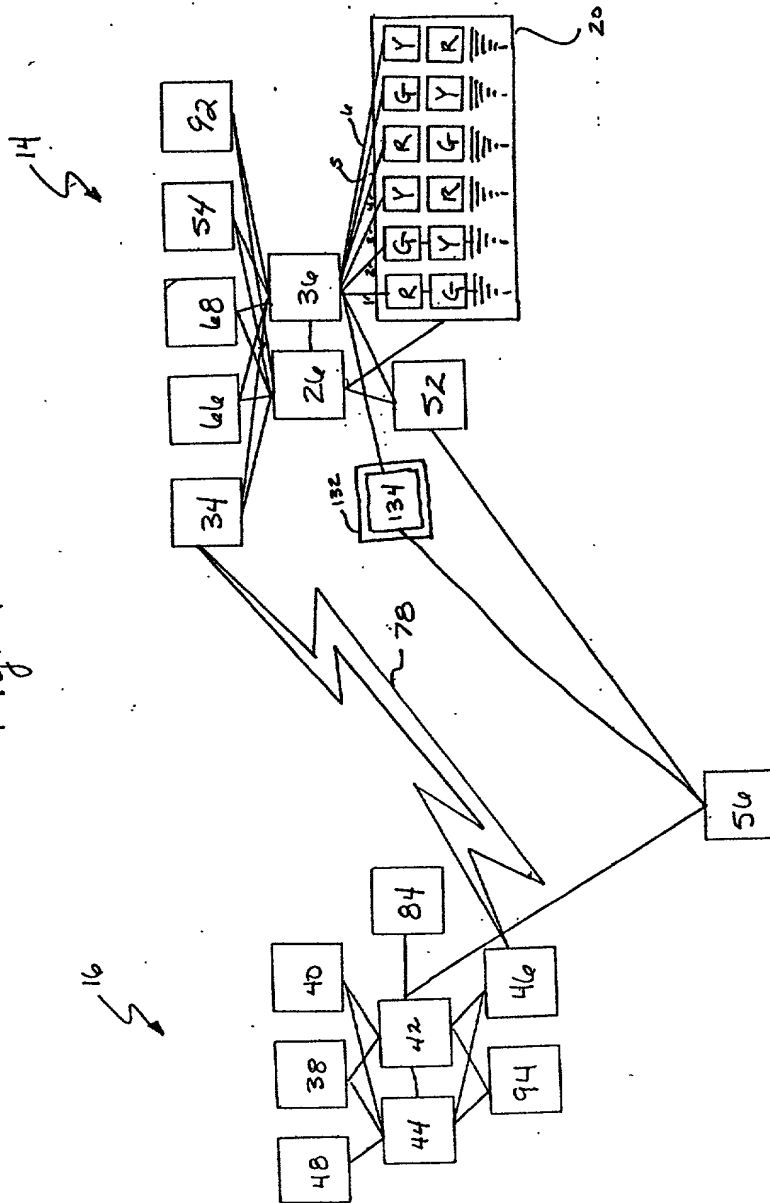


Fig. 4



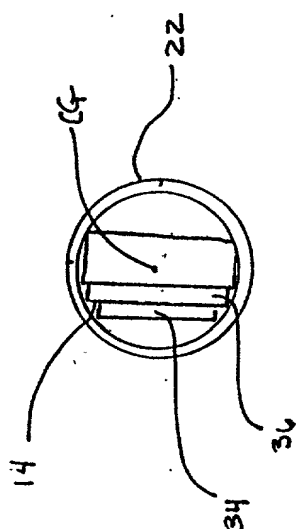
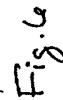


Fig. 5

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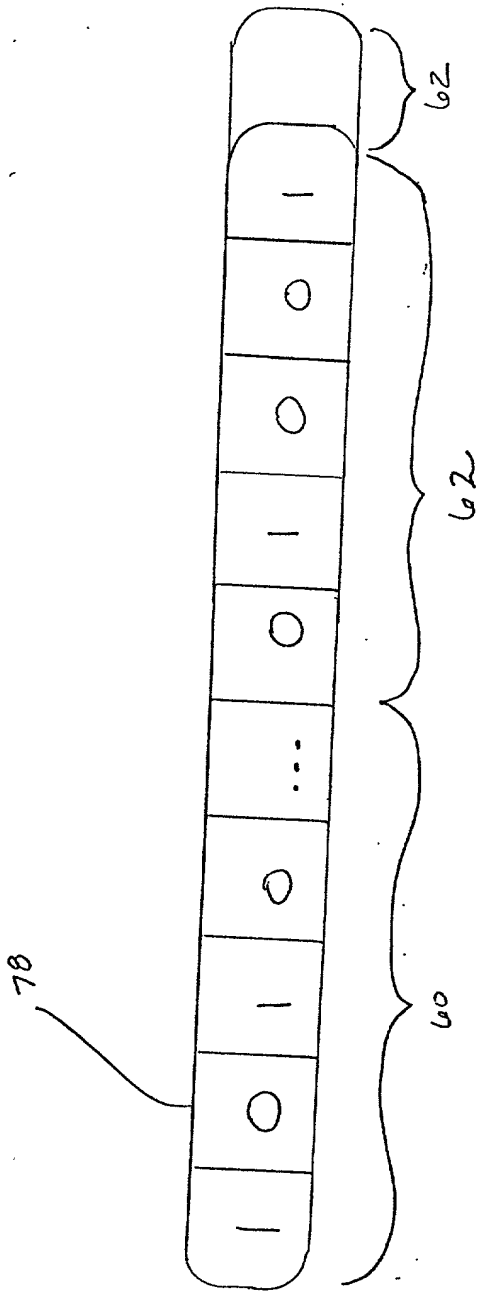


Fig. 7A

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Fig. 7B

Exercise Equipment Identifier 86	Address Code 62				
5	0	0	0	0	0
10	0	0	0	0	1
15	0	0	0	1	0
20	0	0	0	1	1
...

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Fig. 8

TIME (SEC)	LED 1 ON	LED 2 ON	LED 3 ON	LED 4 ON	LED 5 ON	LED 6 ON
.05	X		X		X	
.1	X		X		X	
.15	X	X	X	X	X	X
.2	X	X	X	X	X	X
.25	X	X	X	X	X	X
.3	X	X	X	X	X	X
.35		X		X		X
.4		X		X		X
.45		X		X		X
.5		X		X		X
.55	X	X	X	X	X	X
.6	X		X		X	
.65	X		X		X	
.7	X		X		X	
.75	X	X	X	X	X	X
.8		X		X		X
.85		X		X		X
.9		X		X		X
.95	X	X	X	X	X	X
1.0	X		X		X	
1.05	X		X		X	
1.1	X	X	X	X	X	X
1.15		X		X		X
...

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Fig. 9

Weight Identifier	Date/Time/of Use	Number of Times Used	Number of Repetitions	Total Time Used (minutes/use)	Type of Exercise
86	124	120	122	126	130
5	01-01-01/1200	1	30	20	curl
10	01-01-01/0600	3	30	30	curl
10	01-02-01/1800	1	15	10	press
20	01-02-01/0645	6	60	25	curl
...

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Fig. 10

User Identifier	Workout Identifier	Weight Identifier	Date/Time of Use	Number of Times Used	Number of Repetitions	Type of Exercise	Total Time Used (minutes/day)
112	128	86	124	120	122	130	126
036	0	0	0	0	0	0	0
049	1	15	01-01-01/0600	3	15	press	20
049	2	20	01-01-01/0620	3	30	curl	30
049	3	20	01-02-01/0600	3	30	curl	20
105	1	40	01-01-01/1800	3	30	curl	20
105	2	40	01-02-01/1800	3	30	curl	20
146	1	35	01-02-01/1200	6	60	curl	30
...

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